

NEWSLETTER

# STARS FOR THE FUTURE

SEPTEMBER 2015 – APRIL 2016



## STARS FOR THE FUTURE

★ OLYMPIC WEIGHTLIFTING CLUB ★

- Learn from an Olympian
- Multiple British Records Broken
- Training for all levels
- Olympic Weightlifting
- Technique Development
- Strength & Conditioning

*West London's Elite Olympic Weightlifting Club*

### NEXT COMPETITION FOR SFTF IN 2016

LONDON YOUTH GAMES

.....

FRANCE. LILLE 21ST MEMORIAL COMINES

.....

BRITISH UNDER 20 & 23

.....

2ND PHOENIX INTERNATIONAL

**3**

**OPENING DAY  
FOR WEST  
LONDON ELITE  
WEIGHTLIFTING  
GYM AT 3/6/2016**

**6**

**1ST PHOENIX  
INTERNATIONAL  
2016**

**9**

**@ LIFTER  
OF THIS  
NEWSLETTER**

**5**

**BRITISH U20/23**

**7**

**BRITISH  
STUDENT**

**8**

**BRITISH YOUTH  
AND AGE**

**7**

**LONDON  
REGIONAL**

**4**

**FRENCH  
TOURNAMENT**

**4**

**2016  
EUROPEAN  
SENIOR  
CHAMPIONSHIP  
RESULT**

**HEAD COACH  
MEMORY FROM  
HIS COACH**

**11**



# OPENING DAY

## OF OUR NEW WEIGHTLIFTING GYM

on the 03/06/2016 from 5 pm to 6 pm at

## PERIVALE ATHLETICS TRACK.



With financial support from our founder

**“Heathrow community fund”,  
Perivale councillors and the support of  
Ealing Council and our MP,**

we wouldn't have been able to build our own place.

We are very grateful and hopefully this way all our supporters can meet our young lifters and celebrate the launch of our new weightlifting excellence centre for west London which is based in Ealing.



Perivale Park Athletics Track , Stockdove Way, Perivale, Greenford UB6 8TJ

# SEPTEMBER

## Dunkirk International Tournament - France

8 teams from France, Belgium and England on the 19th September 2015 - We took 4th place. Noorin Gulam did 66kg+83kg and became the best female junior lifter; Shila Panjavi did 68kg+90kg and became the best female senior lifter.

Se Gavin did 115+142 and broke another 3 British under 16 records with a 6kg PB. Kian, suffered shoulder pains during the warm up but he managed an easy total of 190kg. Our new member Matt Fan from Perivale did 65kg+80kg with a 10kg PB.

Thanks to Alistair our club chairman who came to help and support the team. Kazem also postponed his knee surgery to be with the team.



# OCTOBER

## London SE regional - Crystal Palace.

Beth - with a new PB of 48kg snatch. She managed to lift 53kg clean & jerk with shoulder pain at her first competition.

Shila - did 6 out of 6 with a 5 kg personal best. Snatch 70kg and Clean & jerk 93kg. She became the best lifter at the London & SE Regional.





## British junior and U23 championship - Crystal palace.

- Noorin Gulam** – Gold (53kg junior) lifted 65 + 82 and missed the European Junior qualifying total by dropping 68 and 87kg but she still got an easy first place.
- Louis Hampton** – Bronze (69kg junior) was the same. He obtained a PB snatch of 111kg and lifted 130kg C/J, awarding him the gold medal, but he missed 140kg twice, causing him to lose his ticket to go to European Juniors.
- Deborah Alawode**- Gold (75kg Junior), We moved her to one category higher after a 3 week long holiday without training, but she came in with 68.2kg body weight. Despite the lack of training, she got an easy gold by lifting 60kg and 65kg in the C/J, and missed 75 kg jerk.
- Se Gavin** – Silver (105kg category) had a great fight with Joshua, but unfortunately the gold medal slipped through his fingers by only 1 kg. Se broke the British national record for u16 seven times. He lifted 110 and dropped 112kg in the snatch, which is 10kg more than his best at the London Youth Games, and in the clean and jerk he lifted 130+136+141 with another 6 kg PB in the C/J and 16kg PB total.
- Kian Panjavi** was sick just before the competition.



# JANUARY

## What an eventful 2016 we have had so far!

In January we held our first ever international competition. The Phoenix International competition was a success! We invited France and Belgium. 17 lifters from abroad and 25 from London all came together to compete on one platform. With the support of Harrow School, Eleiko, JM Gavin, Under the Bar and Killergram clothing, this competition would not have been possible.

After months and months of preparation, we managed to secure this awesome venue to hold the first international completion since 2002 (Silver Dragon).

Today marks the beginning of something new. After 2 years of trying to organize this event and having overcome many obstacles, The Phoenix International competition will continue for years to come.

After the long and hard day, we ended our evening at the Rising Sun for a Banquet and awarded the teams with their awards. And what better way to finish the night than with some music and dancing to bring everyone together for a memorable event.

The team awards: 1st Phoenix team(1355.02 points), 2nd Rosendael (1325.14), 3rd CHCD (1217.11), 4th Sunbury Performance (684.34), 5th Middlesex Uni (658.66), 6th SFTF (612.48)

Seesy won the best technique award and had 6 out of 6 in her first ever international competition.

Competition results can be found [here](#).



**Phoenix**  
10 Jan OPEN  
10 AM - 5 PM

International Weightlifting Competition  
Harrow School Sport Center  
Garlands Lane  
HA1 3GF



[www.starsforthefuture.com](http://www.starsforthefuture.com)  
[info@starsforthefuture.com](mailto:info@starsforthefuture.com)



# FEBRUARY

## British Age Group Championships

On the 27th we won 2 silvers and one gold. Seesy fought very well after two weeks of being ill and snatched 12kg + 4 points, 13kg + 4 points and missed 14kg on the overhead squat which lost out on her first place position. Clean and jerk, 16kg + 7 points, 18kg + 5 points and lost 19kg.



**Simran** in 69kg u15 did very well with a personal best in the snatch with 66kg (dropped 70kg) and clean and jerk 80kg and got two red lights on 83kg but he became the **new British U15 champion**.

Se U17 guest, did 110kg snatch and 140kg clean and jerk. He attempted to make a new record but missed out on 155kg in the jerk.

Thanks to Ruby (Seesy's father who came down with his other little daughter to support the team).



# MARCH:

## London & SE Junior Regional – Harrow school

Another successful day, we set the stage all within an hour and started the competition. And it was a very successful day, with help from referees in London & SE, coaches and all the lifters who took part.

All results can be seen [here](#).



# APRIL

## British Students Championships 9-10 April

**Sophia** in 58kg came back to training after one year, she managed :Snatch 37+,41-,41- and clean & jerk : 45+,50-,50+

**Kian** in 77kg managed 110kg snatch and 135kg clean and jerk, which was a 4 kg increase on his personal best, he won the silver medal but missed out on gold by body weight. A

The first national experience for 17 year old, **Oliver Fox** in the 85kg category managed a 5kg PB in the clean and jerk with 110kg. He dropped 85kg & 86kg in the power snatch position!



## Southern School Championship 23 April

Sessy Dhanda , 7 years old at 27.5kg body weight. She did 16kg snatch & 21kg C/J and got full technical point (72points). She was the lightest and youngest to have achieved the highest technical points.

She is the real star for the future, but all of this wouldn't have happened without the great support from her dad and her family.







# LIFTER OF THE NEWSLETTER

## How did you start weightlifting?

My coach Kazem Panjavi came to my school to introduce the sport. Originally he was coaching my sister. One day I decided to join in on a session and it all started from there.

## When did you decide to start taking the sport seriously?

It was really after my first competition that I noticed how much I enjoyed the sport and the potential I had in the sport.

## How long was it before you broke your first national record?

After 7 months of training I broke my first British record which was an under 14 clean and jerk of 96kg. Breaking this record was a big milestone for me in my weightlifting career.

## What do you do outside of weightlifting?

I am in full time education so I have always found it quite difficult to balance training with college, especially at the level of training I'm required to do to progress in the sport and not lose strength.

## What are your biggest aspirations in the sport?

I'd like to represent Great Britain at a world championships and one day compete at the Olympic games.

## How many records have you broken since you started this sport and why did you lose your chance to compete at European youth 2016?

I have broken 6 British records but after breaking them all, I broke them all again many times. I believe in total I broke them 16 times. This year I was on track to qualify and compete at European youth championships yet unfortunately I have obtained a bad injury to my wrist and it won't be fit to lift on by the British youth champs which is the qualification. This came at the worst possible time as this is my last year as a youth lifter.

## Who do you look up to within the sport?

I look up to my coach Kazem Panjavi for his own massive achievements in the sport and his dedication to pushing all his lifters to the best of their ability. He's always pushed me to do the best I can and is always willing to go the extra mile for all his lifters.



# EUROPEAN WEIGHTLIFTING CHAMPIONSHIPS 2016 (NORWAY)

**Well-done to GB team to compete at European Weightlifting Championships 2016  
6 bronze medal: Rebekah Tiler 3 Bronze, Mercy Brown 2 Bronze, Zoe Smith 1 Bronze.**

**56 kg Men** @ HENDERSON Samuel in Group B, 84kg snatch & 97kg clean & jerk with Total :181 kg place :15th- (BWL qualification standards: 229 kg)

**62 kg Men:** @ EVANS Gareth Irfon in Group B, 119 kg snatch & 142kg with Total of 261 kg , 11th place (BWL qualification standards: 254 kg)

**69 kg Men:** @FREEBURY Christopher Xavier, Group B, Snatch 119kg & C/J 138 kg with total of 257 kg, place 18th (BWL qualification standards: 281 kg)

**77kg Men:** @OLIVER Jack Simon Group B, Snatch 144kg and C/J 173kg with total of 317kg place 15th. (BWL qualification standards: 304 kg)

**94kg Men:** @BOXALL Owen Gordon Edward Group C, snatch 137kg & Clean and Jerk of 175kg with total of 312 kg place 19th. @WEBSTER Sonny Curtis Group B, Snatch 149kg and C/J 185 kg with total of 334 kg, place 15th (BWL qualification standards: 331 kg)

**+105kg Men:** @JOKARZADEH Darius Asadullah Group B. Snatch 162kg and C/J 195kg with total of 357kg place 15th. (BWL qualification standards: 362 kg)

**48 kg Women** @POWELL Hannah Louise Group B, Snatch 66kg & C/J 86 kg with total of 152 kg - place 12th. (BWL qualification standards: 150 kg)

**53 kg Women** @GULAM Noorin , Group C, Snatch 69kg & C/J 83kg with total of 152kg place 16th. (BWL qualification standards: 166 kg)

**58 kg Women** @DAVIES Sarah Group A, snatch 86kg & C/J 106 kg with total of 192 kg place 7th. (BWL qualification standards: 182 kg)

**63 kg Women** @SMITH Zoe Group A, Snatch 96kg and C/J 119kg with total of 215 kg place 4th. @(GODLEY Emily Victoria Group A , Snatch 89kg and C/J 110kg with total of 199kg place 6th. BWL qualification standards: 192 kg)

**69kg women** @TILER Rebekah Jade Group A, Snatch 99kg & C/J 123kg with total of 222kg achieved 3 Bronze medals. (BWL qualification standards: 199 kg)

**75+ women** @ BROWN Mercy Opeyemi Group A, Snatch 103kg and C/J 127kg with total of 230kg Bronze medal. (BWL qualification standards:222 kg)

**It was good to see a big team go to the Europeans, although a few were under qualified to be taken to the competition. Shila was 5kg under the qualification total and could have been taken for the 58kg category.**

# HEAD COACH POINTS

Training squads/camps are always the most important part of any elite athletes training and progress and always has some budget put towards this programme to gathering the best of the best for the actual sport for the short term and long term plan.

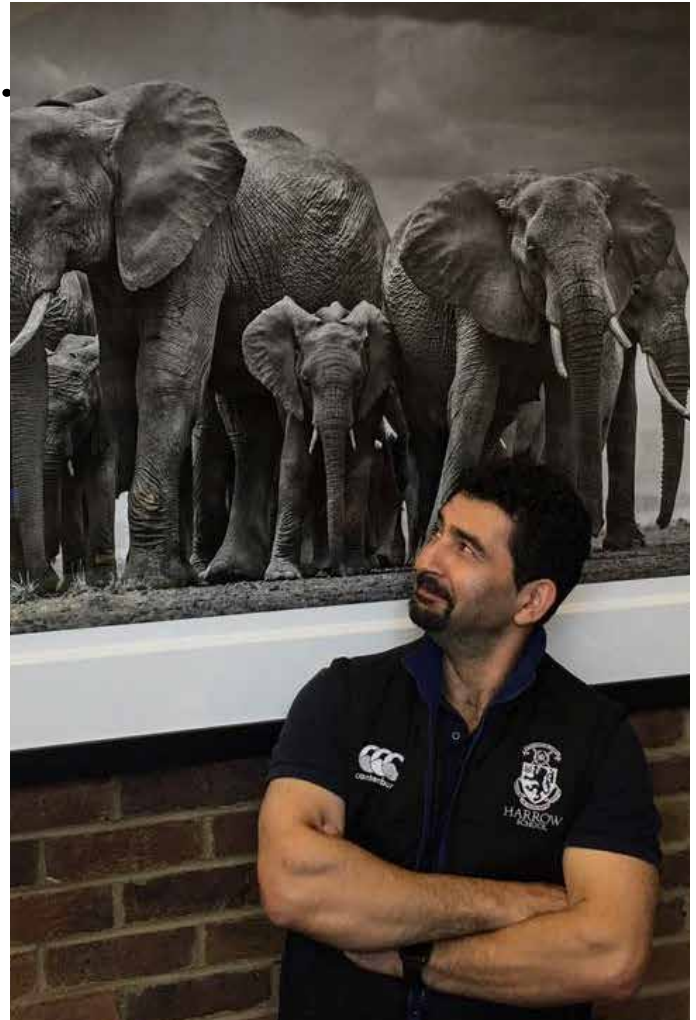
I remember when I was part of the Iranian national team, I didn't have a chance to see my family for 3 months and in one of my squads I had to leave my wife just one week after our wedding to go back to the camp to train with the best coaches at IRAN to prepare me for the world championship in 1990.

If we get injured, they sent us to the medical Olympic association to be looked after and it usually took 2/3 days to see the doctor and get it sorted. I hope this way is achievable here as well after the lifters get injured and they won't be left alone by their selves after they have finished from squad. My 16 year old lifter Se Gavin lifted 120kg snatch and 160 clean at national squad a few months ago and since that squad he couldn't use his wrist anymore. Now he lost his chance to compete at European and world championship!

I am going back to my city after 3 years with my family and hopefully with Adam Federico. My first plan is to setup training sessions with my first coach Mr. Taha and his Son Shahin (16 years old, 69kg, snatch 145kg and 165 kg clean & Jerk) in 3 different cities around Iran to help Kian, Shila and Adam to train with the best lifters in Iran and see other coaches with different backgrounds and different opinions to help them understand the different environments and systems. On the other hand I can see my coach and spend quality time with him and his family as he gives me his love. When I was 16 and he opened his door to me at any time when I needed him.

Let me to talk about him: He was the first lifter of Mahabad (Kurdish city) to achieve Bronze medal at Iranian national championship for Kurdish people. He trained himself and at the same time coached other people and did his best with his knowledge. I went to his club twice, sat down in the corner and watched him and his lifters; one day snatch and one day clean & jerk. On the third day I asked him to let me train. He did but he didn't believe me when I said that I had never touched the bar before as I did full snatch 40kg and 50kg Clean & Jerk (with 49kg body weight and not very good technique).

On the third session he asked one of his old lifters to give his weightlifting shoes (which belonged to the club) to me to make me train better. The other lifter wasn't a serious lifter and his attendance was very poor. He left the club after he returned his shoes! That made me train very hard. How hard? I used my bike to cycle as fast as possible to the gym and at the same time I had to avoid getting shot by snipers from the top of the mountain which was taken over by an Army. During this time my city was taken by Kurdish fighters and the Iranian Army who shot anyone who moved in the street and I was one of those people who rode my bike to go to train and was on time all the time, unlike some of my lifters here who have money, mobile, free transport, plenty of time and safety, but they are still late to the sessions and they don't understand why I get so upset about their attendance.



Mr. Taha always invited me to his one room flat to join his wife and little daughter to have food and rest and would go to train together. He shared his food which some times was not enough for his family. After 2 years I got invited to the junior national squad and competed for Iran at International stage in Tehran in 60kg category and did 100kg +120kg when I was 18 years old. After I returned to my club he asked me to share my programme and coach him as I lifted as much as him at that time. I did. I become his coach and he coached me as well. Anywhere I went, he followed, all around Iran to see my glory and see my smile when I achieved my big lifts. He is now a very rich man and has his own wedding hall and restaurant and at all his wedding parties he makes the singers say my name as the first Kurdish champion who went to Olympics and broke many national records 25 years ago!!

I had my fights, good times and bad times, but I never forgot where I came from and how I became this lifter in my time. He is my hero and the first thing that came to my head when I think about Iran is, his face. I love him with all my heart.

Unfortunately I don't see many loyal people here and I really miss my old friends. I wish to go back home when my kids are fully grown and have become independent. This way I don't have to see the people who broke my heart many times and the system who never appreciated my work, time, knowledge and heart for this sport.

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National Record Holder  
Head coach of Stars For The Future

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